

Get the Facts about H1N1 Novel Flu Virus to Protect You and Your Family

H1N1 Novel Flu Virus is present in our community, our state and our nation. By using some basic precautions you can protect yourself and your family by helping limit the spread of the virus.

First, you should understand the **SYMPTOMS**: **fever of 100 degrees or greater, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, diarrhea and vomiting.**

If you or someone in your family develops these symptoms you should:

- **STAY AT HOME** for 24-hours after fever is gone without the use of fever reducing medication.
- **AVOID CLOSE CONTACT WITH OTHERS.** Limit your contact with others, even those in your house.
- **STAY HYDRATED.** Drink lots of fluids and avoid alcoholic beverages.
- **COVER YOUR MOUTH AND NOSE** when sneezing or coughing.
- **WASH YOUR HANDS** with soap and water or an alcohol-based hand gel frequently and especially after sneezing, coughing or blowing your nose.
- **VISIT YOUR DOCTOR** if your symptoms become worse – have trouble breathing, bluish skin, pain or pressure in the chest or abdomen, sudden dizziness or confusion.

Most people will recover from **H1N1 Novel Flu Virus** within a week or two without needing medical care. Should you need medical care, your doctor can create a customized-care plan for you and your family.

For more information on **H1N1** please refer to these resources.

www.cdc.gov ■ www.randolphhospital.org

Randolph County Health Department at (336) 318-6200.

